



# The Inspector General Information Railroad

Keeping you on Track



## National Suicide Prevention Month

Although awareness efforts will continue throughout the year, the U.S. Department of Veterans Affairs has named September national Suicide Prevention Month. Family members, friends, and surrounding community members are encouraged to get involved, learn more, and help spread the word to promote mental health and prevent Veteran suicide.

### **Tips to benefit your unit**

- Promote/advertise local resources, i.e., Suicide Prevention Program Managers, Chaplains, Military Family Life Consultants, Behavioral Health providers, Suicide Prevention Lifeline.
- Take the opportunity to ensure suicide prevention and awareness and positive life coping skills are included during training, Family Readiness Group meetings, and safety briefings.
- Promote the value in seeking behavioral health care.
- Ensure programs are in place to identify those in a high risk category
- Encourage your Soldiers to **conduct a self-assessment** at [www.militarymentalhealth.org/welcome.aspx](http://www.militarymentalhealth.org/welcome.aspx)
- Training: **Ask-Care-Escort (ACE)** Invest a couple of hours in the ACE program. Develop and use scenarios and practice ACE with a partner or small group.
- Test your crisis response plan: Have someone call the duty office and have the duty personnel practice going through their plan to talk, gather information, and access support. Practice your plan to assist someone who is an acute risk. Check your safety considerations.

## SHOULDER <sub>TO</sub> SHOULDER

### No Soldier Stands Alone

### Contact Information:

Army Suicide Prevention Program  
Defense Suicide Prevention Office  
Military Pathways  
Veteran's Crisis Line  
Suicide Prevention Lifeline

[www.armyg1.army.mil/hr/suicide](http://www.armyg1.army.mil/hr/suicide)  
[www.suicideoutreach.org](http://www.suicideoutreach.org)  
[www.militarymentalhealth.org](http://www.militarymentalhealth.org)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
1-800-273-TALK (8255)

DoD Safe Help Line  
Fort Sill Risk Reduction

1-877-995-5247  
442-1644/5896

#### IG Contact Numbers

IG Assistance	(580) 442-3109
IG Inspections	(580) 442-2988
IG NCOIC	(580) 442-3176

*Always give your COC the chance  
to resolve any issues!!!*